Track No	From	To			
adhyatam_ramayan_1A	00:00		Introduction	Stuti	
adhyatam_ramayan_1A	15:17		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 1		**Ùe: He=efLeJeerYejJeejCeeÙe efoefJepew: mebøeeefLe&leef§evceÙe: mebpeele: He=efLeJeerleues jefJekegâues ceeÙeeceveg<ÙeesÓJÙeÙe: ~ efve§e›ebâ nleje#eme: Hegvejieeod yeüÿelJeceeÅeb efmLejeb keâerefle&b HeeHenjeb efJeOeeÙe peieleeb leb peevekeâerMeb Yepes ~~ 1~~**
adhyatam_ramayan_1A	22:33		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 2		**efJeŐeesÆJeefmLeefleueÙeeef o<eg nslegceskebâ ceeÙeeeefßeÙeb efJeieleceeÙeceeefÛevlÙecetefl e&ced ~ DeevevomeevoÇcecueb efvepeyeesOe¤Heb efmeleeHeefleb efJeefoleleòJecenb veceeeefce ~~ 2~~**
adhyatam_ramayan_1A	31:42:00		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 3		**He"efvle Ùes efvelÙecevevÙeÛesleme: Me=CJeefvle ÛeeOÙeeeeflcekeâmebef%eleb MegYeced ~ jeceeÙeCeb meJe&HegjeCemebceleb efveOet&leHeeHee nefjcesJe Ùeeeefvle les ~~ 3~~**
adhyatam_ramayan_1A	34:39:00		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 4		**DeOÙeelcejeceeÙeCecesJe efvelÙeb He"sÅeoerÛÚsÆJeyevOecegefk eäleced ~ ieJeeb menŒeeÙeglekeâesefšoeveele**

					d Heâueb ueYesÅe: Me=CegÙeelme efvelÙeced ~~ 4~~
adhyatam_ ramayan_1 A	39:16:00		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 5		Hegjeefjefieefjmeb Yetlee ßeerjeceeCe&Jeme*dielee ~ DeOÙeelcejeceie*diesÙeb Hegveeefle YegJeve$eÙeced ~~ 5~~
adhyatam_ ramayan_1 A	40:12:00		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 6		kewâueemeeieüs keâoeefÛeoÇefJeMeleefJeceues ceefvojs jlveHeer"s mebefJe°b OÙeeveefve…b ef$eveÙeveceYeÙeb mesefJeleb efmeæmeblew: ~ osJeer Jeecee¿mebmLee efieefjJejleveÙee HeeJe&leer Yeefkeäleveceüe øeensob osJeceerMeb mekeâueceuenjb JeekeäÙeceevevokeâvojced~~ 6~~
adhyatam_ ramayan_1 A	42:13:00		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 7 - 9		HeeJe&lÙegJeeÛe veceesÓmleg les osJe peieefVeJeeme meJee&lceo=kedâ lJeb HejcesÕejesÓefme ~ He=ÛÚeefce leòJeb Hegjes<eesòecemÙe meveeleveb lJeb Ûe meveeleveesÓefme ~~ 7~~ ieesHÙeb ÙeolÙevlecevevÙeJeeÛÙeb Jeoefvle Yekeäles<eg cenevegYeeJee: ~ leoHÙenesÓnb leJe osJe Yekeälee eføeÙeesÓefme ces lJeb Jeo Ùeòeg He=°ced ~~ 8~~ %eeveb meefJe

					%eeveceLeevegYeefkeäleJewje iÙeÙegkeäleb Ûe efceleb efJeYeemJeled ~ peeveecÙenb Ùeesef<eoefHe lJeogkeäleb ÙeLee leLee yeütefn lejefvle Ùesve ~~ 9~~
adhyatam_ramayan_1A	44:54:00		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 10		**He=ÛÚeefce ÛeevÙeÛÛe Hejb jnmÙeb leosJe Ûeeieüs Jeo Jeeefjpee#e ~ ßeerjeceÛevoÇsÓefKeueueesk eâmeejs Yeefkeäleo=&{e veewYe&Jeefle øeefmeæe ~~ 10~~**
adhyatam_ramayan_1B	00:00		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 11		**Yeefkeäle: øeefmeæe YeJekeâes#eCeeÙe veevÙeòele: meeOeveceefmle efkeâef_Ûeled ~ leLeeefHe ùlmebMeÙeyevOeveb ces efJeYesòegcen&mÙeceueeesefk eäleefYemlJeced ~~ 11~~**
adhyatam_ramayan_1B	03:04		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 12	God is every where - Advaita Discussion	**Jeoefvle jeceb HejceskeâceeÅeb efvejmleceeÙeeiegCemeøeJeen ced ~ Yepeefvle Ûeenefve&Meceøeceòee: Hejb Heob Ùeeefvle leLewJe efmeæe: ~~ 12~~**
adhyatam_ramayan_1B	06:31		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 13 - 15	Was Ram not enlightened ? So why he was crying for Sita in the forest. (Verse - 14)	**Jeoefvle kesâefÛelHejceesÓefHe jece: mJeeefJeÅeÙee mebJe=leceelcemeb%eced ~ peeveeeefle veelceevecele: HejsCe mecyeesefOelees Jeso HejelceleòJeced ~~ 13~~**

						Ùeefo mce peeveeefle kegâlees efJeueeHe: meerleeke=âlesÓvesve ke=âle: HejsCe ~ peeveeefle vewJeb Ùeefo kesâve mesJÙe: mecees efn meJew&jefHe peerJepeelew: ~~ 14~~ De$eesòejb efkebâ efJeefoleb YeJeefÆmleod yeütle ces mebMeÙeYesefo JeekeäÙeced ~~ 15~~
adhyatam_ramayan_1B	14:45 & 18:00		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 16	What is the essence of Ram - Ram Tattwa ?		ßeerceneosJe GJeeÛe OevÙeeeefme YekeäleeefmeHejelcevemlJeb Ùep%eelegefceÛÚe leJe jeceleòJeced ~ Hegje ve kesâveeHÙeefYeÛeesefoleesÓnb Jekeälegb jnmÙeb Hejceb efveiet{ced ~~ 16~~
adhyatam_ramayan_1B	21:48		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 17 - 18	Answer to What is the tattwa of Ram		lJeÙeeÅe YekeälÙee HeefjveesefoleesÓnb Je#Ùes vecemkeâlÙe jletòeceb les ~ jece: Hejelcee øeke=âlesjveeefojevevo Skeâ: Heg®<eesòecees efn ~~ 17~~ mJeceeÙeeÙee ke=âlmveefceob efn me=°dJee veYeesJeovleye&efnjeefmLelee s Ùe: ~ meJee&vlejmLeesÓefHe efveiet{ Deelcee mJeceeÙeeÙee me=°efceob efJeÛe°s ~~ 18~~

adhyatam_ramayan_1B	26:40:00		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 18	[26:50] What is Maya, Definition of Maya as per Advaita	
adhyatam_ramayan_1B	29:38:00		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 19		**peieefvle efvelÙeb Heefjlees Yeüceefvle ÙelmeefVeOeew ÛegcyekeâueesnJeefæ ~ SleVe peeveefvle efJecet{efÛeòee: mJeeefJeÅeÙee mebJe=leceevemee Ùes ~~ 19~~**
adhyatam_ramayan_1B	31:32:00		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 20		**mJee%eeveceHÙeelceefve Megæyegæs mJeejesHeÙevleern efvejmleceeÙes ~ mebmeejcesJeevegmejefvle les Jew Heg$eeefomekeälee: Heg®keâce&Ùegkeälee: ~~ 20~~**
adhyatam_ramayan_1B	37:26:00		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 21		**ÙeLeeÓøekeâeMees ve leg efJeÅeles jJeew pÙeesefle:mJeYeeJes HejcesÕejs leLee ~ efJeMegæefJe%eeveleves jletòecesÓefJeÅee keâLeb mÙeelHejle: Hejelceefve ~~ 21~~**
adhyatam_ramayan_1B	38:37:00		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 22		**ÙeLee efn Ûee#Cee Yeücelee ie=neefokebâ efJeve°o=°sYeü&celeerJe o=MÙeles ~ leLewJe osnsefvoÇÙekeâleg&jelceve: ke=âles HejsÓOÙemÙe pevees efJeceg¢eefle ~~ 22~~**

adhyatam_ramayan_1B	40:13:00		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 23		**veenes ve jeef$e: meefJelegÙe&Lee YeJesled øeekeâeMe¤HeeJÙeefYeÛeejle: keäJeefÛeled ~ %eeveb leLee%eveefceob ÉÙeb njew jeces keâLeb mLeemÙeefle MegæefÛeodIeves ~~ 23~~**
adhyatam_ramayan_1B	41:29:00		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 24	Explanation on Shushupti dream less sleep	**lemceelHejevevoceÙes jIetòeces efJe%eeve¤Hes efn ve efJeÅeles lece: ~ De %eevemeeef#eCÙejefJevouees Ûeves ceeÙeeßeÙelJeeVe efn ceesnkeâejCeced ~~ 24~~**
adhyatam_ramayan_1B	43:56:00		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 25	How one is liberated - Two methods	**De$e les keâLeefÙe<Ùeeeefce jnmÙeceeefHe ogue&Yeced ~ meerleeejecece®lmetvegmebJe eob cees#emeeOeveced ~~ 25~~**
adhyatam_ramayan_1B	45:36:00		Bala Kanda - Prathama Sarga - Rama Hridayam - Verse 26 – 29	Essentials for / steps to Jnana or path of knowledge	**Hegje jeceeÙeCes jeces jeJeCeb osJekeâCškeâced ~ nlJee jCes jCeMueeleer meHeg$eyeueJeenveced ~~ 26~~ meerleÙee men megieüerJeue#ceCeeYÙeeb meceefvJele: ~ DeÙeesOÙeeceieceoÇecees nvetceløecegKewJe=&le: ~~ 27~~ DeefYeef<ekeäle: HeefjJe=lees Jeefme…eÅewce&nelceefYe: ~ efmebnemeves meceemeerve: keâesefšmetÙe&meceøeYe: ~~ 28~~ o=°dJee leoe nvetcevleb**
adhyatam_ramayan_2A	0:00				

					øee_peefueb Hegjle: efmLeleced ~ ke=âlekeâeÙe&b
adhyatam_ramayan_2A	09:25		Bala Kanda - Prathama Sarga - Rama Hridayam – 30		jece: meerleecegJeeÛesob yeütefn leòJeb nvetceles ~ efve<keâuce<eesÓÙeb %eevemÙeHee$eb vees efvelÙeYeefkeäleceeved ~~ 30~~
adhyatam_ramayan_2A	10:34		Bala Kanda - Prathama Sarga - Rama Hridayam – 31 - 33	25:46 – Explanation of Sarva vyapi Atma Aatmaa	nvetceles øeHeVeeÙe meerlee ueeskeâefJeceesefnveer ~~ 31~~ meerleesJeeÛe jeceb efJeefæ Hejb yeüÿe meefÛÛeoevevoceÉÙeced ~ meJees&HeeefOeefJeefveceg&keäleb meòeecee$eceieesÛejced ~~ 32~~ Deevevob efvece&ueb Meevleb efveefJe&keâejb efvej_peveced ~ meJe&JÙeeefHeveceelceeveb mJeøekeâeMecekeâuce<eced ~~ 33~~
adhyatam_ramayan_2A	31:00		Bala Kanda - Prathama Sarga - Rama Hridayam – 34		ceeb efJeefæ cetueøeke=âefleb meie&efmLelÙevlekeâeefjCeerced ~ lemÙe meefVeefOecee$esCe me=peeceeroceleefvoÇlee ~~ 34~~
adhyatam_ramayan_2A	31:33		Bala Kanda - Prathama Sarga - Rama Hridayam –		lelmeeefVeOÙeevceÙee me=°b leefmceVeejesHÙelesÓyegOew: ~

adhyatam_ramayan_2A	32:07		Bala Kanda - Prathama Sarga - Rama Hridayam –			DeÙeesOÙeeveiejs pevce jIegJebMesÓefleefvece&ues ~~ 35~~ efJeÕeeefce$emeneÙelJeb ceKemebj#eCeb lele: ~ DenuÙeeMeeHeMeceveb ÛeeHeYe*diees censefMeleg: ~~ 36~~ celHeeefCeieünCeb He§eeYeeie&JemÙe ceo#eÙe: ~ DeÙeesOÙeeveiejs Jeemees ceÙee ÉeoMeJeeef<e&keâ: ~~ 37~~ oC[keâejCÙeieceveb efJejeOeJeOe SJe Ûe ~ ceeÙeeceejerÛecejCeb ceeÙeemeerleeùeflemleLee ~~ 38~~
	40:26		Bala Kanda - Prathama Sarga - Rama Hridayam –			pešeÙeg<ees cees#eueeYe: keâyevOemÙe leLewJe Ûe ~ MeyeÙee&: Hetpeveb He§eelmegieüerJesCe meceeiece: ~~ 39~~
adhyatam_ramayan_2B	0:00					
adhyatam_ramayan_2B	04:48		Bala Kanda - Prathama Sarga - Rama Hridayam –			Jeeefueve§e JeOe: He§eelmeerleevJes<eCecesJ e Ûe ~ meslegyevOe§e peueOeew ue¿eÙee§e efvejesOeveced ~~ 40~~ jeJeCemÙe JeOees Ùegæs megHeg$emÙe ogjelceve: ~ efJeYeer<eCes jepÙeoeveb Heg<HekesâCe ceÙee men ~~ 41~~ DeÙeesOÙeeieceveb

					He§eeoÇepÙes jeceeefYe<esÛeveced ~ SJeceeoerefve keâcee&efCe ceÙewJeeÛeefjleevÙeefHe DeejesHeÙeefvle jecesÓefmceefVeefJe&keâej sÓefKeueelceefve ~~ 42~~
adhyatam_ ramayan_2 B	07:58		Bala Kanda - Prathama Sarga - Rama Hridayam –		jecees ve ieÛÚefle ve efle…efle veevegMeesÛelÙeekeâe*d#ele s lÙepeefle vees ve keâjesefle efkeâef_Ûeled ~ Deevevocetefle&jÛeue: HeefjCeecenervees ceeÙeeiegCeevevegielees efn leLee efJeYeeefle ~~ 43~~
adhyatam_ ramayan_2 B	09:18		Bala Kanda - Prathama Sarga - Rama Hridayam –	[09:55] Atma Aatmaa {Jivatma Jivaatmaa Pratyagat,a} Anaatmaa Anatma {Drushya Drishya} Paraatmaa Paratma {Paramatma}	lelees jece: mJeÙeb øeen nvetcevlecegHeefmLeleced ~ Me=CegleòJeced øeJe#Ùeeefce ¢eelceeveelceHejelceveeced ~~ 44~~ DeekeâeMemÙe ÙeLee Yesoefm$eefJeOees o=MÙeles ceneved ~ peueeMeÙes cenekeâeMemleoJeefÛÚVe SJe efn ~ øeefleefyebyeeKÙeceHejb o=MÙeles ef$eefJeOeb veYe: ~~ 45~~ yegædÙeJeefÛÚVeÛewlevÙeces kebâ HetCe&ceLeeHejced ~ DeeYeemelJeHejb efyecyeYetlecesJeb ef$eOee efÛeefle: ~~ 46~~
adhyatam_	13:11		Bala Kanda -		meeYeemeyegæs:

ramayan_2 B			Prathama Sarga - Rama Hridayam –			keâle=&lJeceefJeefÛÚVesÓe fJekeâeefjefCe ~ meeef#eCÙeejesHÙeles YeüevlÙee peerJelJeb Ûe leLee yegOew: ~~47~~
adhyatam_ ramayan_2 B	14:02		Bala Kanda - Prathama Sarga - Rama Hridayam –			DeeYeememleg ce=<ee yegefæjefJeÅeekeâeÙe&ceg ÛÙeles ~ DeefJeefÛÚVeb leg leodyeüÿe efJeÛÚsomleg efJekeâuHele: ~~ 48~~
adhyatam_ ramayan_2 B	14:38		Bala Kanda - Prathama Sarga - Rama Hridayam –			DeefJeefÛÚVemÙe HetCes&ve SkeâlJeb øeefleHeeÅeles ~ leòJecemÙeeeefoJeekeäÙew§ e meeYeememÙeencemleLee ~~ 49~~
adhyatam_ ramayan_2 B	15:14		Bala Kanda - Prathama Sarga - Rama Hridayam –	Ajnan vs Bhram {Not knowing vs wrong knowledge}		SskeäÙe%eeveb ÙeoeslHeVeb ceneJeekeäÙesve ÛeelceveeS: ~ leoeefJeÅee mJekeâeÙew&§e veMÙelÙesJe ve mebMeÙe: ~~ 50~~
adhyatam_ ramayan_2 B	19:54		Bala Kanda - Prathama Sarga - Rama Hridayam –	[23:27] Bhakti Devotion is the culmination of Jnana knowledge; Knowldege Jnan is the culmination of Bhakti		SleefÉ%eeÙe ceÆkeälees ceÆeJeeÙeesHeHeÅeles ~ ceÆefkeäleefJecegKeeveeb efn Meem$eieles&<Ùed ceg ¢eleeced ~ ve %eeveb ve Ûe cees#e:

						mÙeeòes<eeb pevceMelewjefHe ~~51~~
adhyatam_ramayan_2B	23:59		Bala Kanda - Prathama Sarga - Rama Hridayam –			Fob jnmÙeb ùoÙeb ceceelcevees ceÙewJe mee#eelkeâefLeleb leJeeveIe ~ ceÆeefkeälenerveeÙe Me"eÙe ve lJeÙee oeleJÙecewvoÇeoefHe jepÙeleesÓefOekeâced ~~ 52~~
adhyatam_ramayan_2B	26:18		Bala Kanda - Prathama Sarga – First Sarga - Rama Hridayam –			ßeerceneosJe GJeeÛe SleòesÓefYeefnleb osefJe ßeerjeceùoÙeb ceÙee ~ Deefleieg¢eleceb ùÅeb HeefJe$eb HeeHeMeesOeveced ~~ 53~~ mee#eeoÇecesCe keâefLeleb meJe&Jesoevlemebieünced ~ Ùe: He"slmeleleb YekeälÙee me cegkeälees vee$e mebMeÙe: ~~ 54~~ yeüÿenlÙeeefo HeeHeeefve yengpevceeefpe&leevÙeefH e ~ veMÙevlÙesJe ve mevosnes jecemÙe JeÛeveb ÙeLee ~~ 55~~

adhyatam_ramayan_2B	27:00		Bala Kanda - Prathama Sarga - Rama Hridayam –	Why there is degradation of Dharma righteous path		ÙeesÓefleYeü°esÓefleHeeH eer HejOeveHejoejs<eg efveIÙeesÅelees Jee mlesÙeer yeüÿeIveceeleeefHele=JeOe efvejlees ÙeesefieJe=voeHekeâejer Ùe: mebHetpÙeeefYejeceb He"efle Ûe ùoÙeb jeceÛevoÇmÙe YekeälÙee ÙeesieervoÇwjHÙeueYÙeb Heoefcen ueYeles meJe&osJew: me HetpÙeced ~~ 56~~ Fefle ßeerceoOÙeelcejeceeÙeCes GceecensÕejmebJeeos yeeuekeâeC[s ßeerjeceùoÙeb veece øeLece: meie&: ~~ 1~~
adhyatam_ramayan_2B	29:36		Bala Kanda – Dwitiya Sarga Second Sarga			HeeJe&lÙegJeeÛe OevÙeemcÙevegie=nerleee fmce ke=âleeLee&efmce peieløeYees ~ efJeefÛÚVees cesÓefmlemevosnieüefvLeYe&Jeovegieüneled ~~ 1~~ lJevcegKeeûefueleb jeceleòJeece=lejmeeÙevece d ~ efHeyeefvle ces cevees osJe ve le=HÙeefle YeJeeHenced

					~~ 2~~ ßeerjecemÙe keâLee lJeòe: Me=lee meb#esHelees ceÙee ~ Foeveerb ßeeslegefceÛÚeefce efJemlejsCe mHegâše#ejced ~~ 3~~
adhyatam_ramayan_2B	31:57		Bala Kanda – Dwitiya Sarga Second Sarga	[33:24] The aim of scripture is destruction of all sorrow not providing wealth [35:31] Due to ignorance sorrow results	ßeerceneosJe GJeeÛe Me=Ceg osefJe øeJe#Ùeeefce ieg¢eeûg ¢elejb cenled ~ DeOÙeelcejeceÛejefleb jecesCeeskeäleb Hegje cece ~~ 4 ~ leoÅe keâLeefÙe<Ùeeefce Me=Ceg leeHe$eÙeeHenced ~ ÙeÛÚ=lJee cegÛÙeles pevlegj %eeveeslLeceneYeÙeeled ~ øeeHveesefle Hejceece=efæced oerIee&Ùeg: Heg$emevleefleced ~~ 5~~
adhyatam_ramayan_2B	36:05		Bala Kanda – Dwitiya Sarga Second Sarga		YetefceYee&jsCe ceivee oMeJeovecegKeeMes<ej#ee sieCeeveeb Oe=lJee iees¤Heceeoew efoefJepecegefvepevew:

					meekeâceypeemevemÙe ~ ielJee ueeskebâ ¤ovleer JÙemevecegHeieleb yeüÿeCes øeen meJe&b yeüÿee OÙeelJee cegntle&b mekeâueceefHe ùoeJesoMes<eelcekeâlJeele d ~~ 6~~ lemceel#eerjmecegoÇleerjc eieceod yeüÿeeLe osJewJe=&lees osJÙee ÛeeefKeueueeskeâùlmLece pejb meJe& %eceerMeb nefjced ~ Demleew<eerÛÚ=efleefme æefvece&ueHeow: mlees$ew: HegjeCeesÆJew Ye&keälÙee ieûoÙee efiejeefleefJeceuewjevevoye e<HewJe=&le: ~~ 7~~
adhyatam_ramayan_2B	43:17		Bala Kanda – Dwitiya Sarga Second Sarga	[46:50] Why space akash is bule, why the colour of God is blue	lele: mHegâjlmenŒeebMegmen Œemeo=MeøeYe: ~ DeeefJejemeeræefj: øeeÛÙeeb efoMeeb JÙeHeveÙebmlece: ~~ 8~~ keâLebefÛeö=°dJeevyeüÿee ogo&Me&ceke=âleelceveec

					ed ~ FvoÇveerueøeleerkeâeMeb efmceleemÙeb He©euees̀Ûeveced ~~ 9~~ efkeâjeršnejkesâÙetjkegâC[uew: keâškeâeefoefYe: ~
adhyatam_ ramayan_3 A	0:00		Bala Kanda – Dwitiya Sarga Second Sarga		efJeYeüepeceeveb ßeerJelmekeâewmlegYeøeYeÙeee fvJeleced ~~10~~ mlegJeefÆ: mevekeâeÅew§e Hee<e&ow: HeefjJesef°leced ~ MeÈÛe›eâieoeHe©eJevecee ueeefJejeefpeleced ~~ 11~~ mJeCe&Ùe%eesHeJeerlesve mJeCe&JeCee&cyejsCe Ûe ~ efßeÙee YetcÙee Ûe meefnleb ie®[esHeefj mebefmLeleced ~~ 12~~ n<e&ieûoÙee JeeÛee mleeslegb mecegHeÛe›eâces ~~ 13~~
adhyatam_ ramayan_3 A	0:53		Bala Kanda – Dwitiya Sarga Second Sarga		yeüÿeesJeeÛe veleesÓefmce les Heob osJe øeeCe yegæerefvoÇÙeelceefYe: ~ ÙeefÛÛevlÙeles keâce&HeeMeeæ=efo efvelÙeb cegceg#egefYe:~~14~~ ceeÙeÙee iegCeceÙÙee lJeced me=pemÙeJeefme

					uegcHeefme ~ peieòesve ve les uesHe DeevevoevegYeJeelceve: ~~ 15~~
adhyatam_ramayan_3A	04:04		Bala Kanda – Dwitiya Sarga Second Sarga	[06:12] How to experience God Directly {Pratyaksha); Indirectly {Paroksha} and Aparoksha	leLee Megefæve& og°eveeb oeveeOÙeÙevekeâce&efYe: ~ Megæelcelee les ÙeMeefme meoe Yeefkeäleceleeb ÙeLee~~16~~ DelemleJeeef*dIeüces& o=°ef§eòeoes<eeHevegòeÙ es ~ meÅeesÓvleù&oÙes efvelÙeb cegefveefYe: meelJelewJe=&le: ~~17~~
adhyatam_ramayan_3A			Bala Kanda – Dwitiya Sarga Second Sarga		yeüÿeeÅew: mJeeLe&efmeædÙeLe&cemceeef Ye: HetJe&mesefJele: ~ DeHejes#eevegYetlÙeLe&b %eeefveefYeù&efoYeeefJele : ~~ 18~~ leJeeef*dIeüHetpeeefvecee& uÙeleguemeerceeueÙee efJeYees ~ AmHeOe&les Je#eefme Heob ueyOJeeefHe ßeer: meHeeflveJeled ~~ 19~~ DelemlJelHeeoYekeäles<eg leJe Yeefkeäle: efßeÙeesÓefOekeâe ~ YeefkeälecesJeeefYeJee_Úef vle lJeÆkeälee:

					meejJesefove: ~~ 20~~ DelemlJelHeeokeâceues YeefkeälejsJe meoemleg ces ~ mebmeejceÙeleHleeveeb Yes<epeb YeefkeälejsJe les ~~ 21~~ Fefle yeügJevleb yeüÿeeCeb yeYee<es YeieJeeved nefj: ~ efkebâ keâjesceerefle leb JesOee: øelÙegJeeÛeeeflenef<e&le: ~~22~~
adhyatam_ramayan_3A	07:54		Bala Kanda – Dwitiya Sarga Second Sarga		YeieJeved jeJeCees veece HeewuemlÙeleveÙees ceneved ~ je#emeveeceefOeHeeflece &ööeJejoefHe&le: ~~ 23~~
adhyatam_ramayan_3A	09:36		Bala Kanda – Dwitiya Sarga Second Sarga		ef$eueeskeâerb ueeskeâHeeueeb§e yeeOeles efJeÕeyeeOekeâ: ~ ceeveg<esCe ce=eflemlemÙe ceÙee keâuÙeeCe keâefuHelee ~~24~~ DelemlJeb ceeveg<ees YetlJee peefn osJeefjHegb øeYees ~~25~~
adhyatam_ramayan_3A	14:09		Bala Kanda – Dwitiya Sarga Second Sarga		ßeerYeieJeevegJeeÛe keâMÙeHemÙe Jejes oòemleHemee

						leesef<elesve ces ~ ÙeeefÛele: Heg$eYeeJeeÙe leLeslÙe*dieerke=âleb ceÙee ~ me Foeveerb oMejLees YetlJee efle…efle Yetleues ~~26~~ lemÙeenb Heg$eleecesÙe keâewmeuÙeeÙeeb MegYes efoves ~ ÛelegOee&lceevecesJeenb me=peeceerlejÙees: He=Lekedâ ~~27~~ ÙeesieceeÙeeefHe meerlesefle pevekeâmÙe ie=ns leoe ~ GlHelmÙeles leÙee meeOe&b meJe&b mecHeeoÙeecÙenced ~ FlÙegkeälJeevleo&Oes efJe<Cegyeü&ÿee osJeeveLeeyeüJeerled ~~28~~
adhyatam_ramayan_3A	17:21		Bala Kanda – Dwitiya Sarga Second Sarga			yeüÿeesJeeÛe efJe<Cegcee&veg<e¤HesCe YeefJe<Ùeefle jlees: kegâues ~~29~~ ÙetÙeb me=peOJeb meJes&ÓefHe Jeevejs<JebMemecYeJeeved ~ efJe<Cees: meneÙeb kegâ®le

					ÙeeJeImLeemÙeefle Yetleues ~~30~~
adhyatam_ ramayan_3 A	19:38		Bala Kanda – Dwitiya Sarga Second Sarga		Fefle osJeevmeceeefoMÙe meceeÕeemÙe Ûe cesefoveerced ~ ÙeÙeew yeüÿee mJeYeJeveb efJepJej: megKeceeefmLele: ~~ 31~~ osJee§e meJes& nefj¤HeOeeefjCe: efmLelee: meneÙeeLe&efceIemIelees njs: ~ ceneyeuee: HeJe&leJe=#eÙeesefOeve: øeleer#eceeCee YeieJevleceerÕejced ~~ 32~~ Fefle ßeerceoOÙeeIcejeceÙeCes GceecensÕejmebJeeos yeeuekeâeC[s efÉleerÙe: meie&: ~~ 2~~
adhyatam_ ramayan_3 A	21:07		Bala Kanda – Third Sarga	[24:00] Who is a Brahmana as per manu smriti – those who are bereft of sadachar / right action and vidya / knowledge {of Brahman?} can't be called as Brahmana	ßeerceneosJe GJeeÛe DeLe jepee oMejLe: ßeerceevmelÙeHejeÙeCe: ~ DeÙeesOÙeeefOeHeefleJeer &j: meJe&ueeskesâ<eg efJeßegle: ~~ 1~~ meesÓveHelÙeIJeog:Kesve Heeref[lees ieg®ceskeâoe ~ Jeefme…b

					mJekegâueeÛeeÙe&ceefYeJ eeÅesoceyeüJeerled ~~ 2~~ mJeeefcevHeg$ee keâLeb ces mÙeg: meJe&ue#eCeueef#ele: ~ Heg$enervemÙe ces jepÙeb meJe&b og:KeeÙe keâuHeles ~~ 3~~ leleesÓyeüJeerÉefme…mleb YeefJe<Ùeefvle megleemleJe ~ ÛelJeej: meòJemecHeVee ueeskeâHeeuee FJeeHeje: ~~ 4~~ MeevleeYelee&jceeveerÙe $e+<Ùeßeg*dieb leHeesOeveced ~ DemceeefYe: meefnle: Heg$ekeâecesef°b MeerleüceeÛej ~~ 5~~
	24:36				leLesefle cegefveceeveerÙe ceefv$eefYe: meefnle: MegefÛe: ~ Ùe%ekeâce& meceejsYes cegefveefYeJeer&lekeâuce< ew: ~~ 6~~ ßeæÙee ntÙeceevesÓiveew leHlepeecyetveoøeYe: ~ HeeÙemeb mJeCe&Hee$emLeb ie=nerlJeesJeeÛe nJÙeJeešd

						~~ 7~~ ie=neCe HeeÙemeb efoJÙeb Heg$eerÙeb osJeefveefce&leced ~ ueHmÙemes HejceeIceeveb Heg$elJesve ve mebMeÙe: ~~ 8~~ FlÙegkeälJee HeeÙemeb oòJee je%es meesÓvleo&OesÓveue: ~ JeJevos cegefveMeeot&ueew jepee ueyOeceveesjLe: ~~ 9~~ Jeefme… $e+<Ùeßeg*dieeYÙeeceveg %eelees ooew nJe: ~ keâewmeuÙeeÙew mekewâkesâÙÙew DeOe&ceOe&b øeÙelvele: ~~ 10~~ lele: megefce$ee mebøeeHlee peie=Oveg: Heewef$ekebâ Ûe®ced ~ keâewmeuÙee leg mJeYeeieeOe&b ooew lemÙew cegoeefvJelee~~11~~ kewâkesâÙeer Ûe mJeYeeieeOe&b ooew øeereflemeceefvJele: ~ GHeYegpÙe Ûe®b meJee&: efm$eÙees ieYe&meceefvJele: ~~

					12~~